

## USDA National Nutrient Database for Standard Reference Release 28

## Statistics Report 01242, Ice cream sandwich, vanilla, light, no sugar added

Report Date: December 05, 2015 11:52 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water	g	48.13	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Energy	kcal	200	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2011
Energy	kJ	837	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2011
Protein	g	5.71	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2011
Total lipid (fat)	g	2.86	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2011
Ash	g	0.39	--	--	--	--	--	--	--	--	Calculated or imputed	01241	04/2011
Carbohydrate, by difference	g	42.86	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fiber, total dietary	g	7.1	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2011
Sugars, total	g	6.58	--	--	--	--	--	--	--	--	Calculated or imputed	01241	04/2011
<b>Minerals</b>													
Calcium, Ca	mg	86	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2011
Iron, Fe	mg	0.00	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2011
Magnesium, Mg	mg	10	--	--	--	--	--	--	--	--	Calculated or imputed	01241	04/2011
Phosphorus, P	mg	26	--	--	--	--	--	--	--	--	Calculated or imputed	01241	04/2011
Potassium, K	mg	41	--	--	--	--	--	--	--	--	Calculated or imputed	01241	04/2011
Sodium, Na	mg	164	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2011
Zinc, Zn	mg	0.21	--	--	--	--	--	--	--	--	Calculated or imputed	01241	04/2011
Copper, Cu	mg	0.090	--	--	--	--	--	--	--	--	Calculated or imputed	01241	04/2011
Selenium, Se	µg	1.1	--	--	--	--	--	--	--	--	Calculated or imputed	01241	04/2011
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Thiamin	mg	0.039	--	--	--	--	--	--	--	--	Calculated or imputed	01241	04/2011
Riboflavin	mg	0.052	--	--	--	--	--	--	--	--	Calculated or imputed	01241	04/2011
Niacin	mg	0.555	--	--	--	--	--	--	--	--	Calculated or imputed	01241	04/2011
Vitamin B-6	mg	0.010	--	--	--	--	--	--	--	--	Calculated or imputed	01241	04/2011
Folate, total	µg	12	--	--	--	--	--	--	--	--	Calculated or imputed	01241	04/2011
Folic acid	µg	10	--	--	--	--	--	--	--	--	Calculated or imputed	01241	04/2011
Folate, food	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	01241	04/2011
Folate, DFE	µg	19	--	--	--	--	--	--	--	--	Calculated or imputed	01241	04/2011
Choline, total	mg	2.8	--	--	--	--	--	--	--	--	Calculated or imputed	01241	04/2011
Vitamin B-12	µg	0.02	--	--	--	--	--	--	--	--	Calculated or imputed	01241	04/2011
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	01241	04/2011
Vitamin A, RAE	µg	129	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Retinol	µg	129	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01241	04/2011
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01241	04/2011
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01241	04/2011
Vitamin A, IU	IU	429	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2011
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01241	04/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lutein + zeaxanthin	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	01241	04/2011
Vitamin E (alpha-tocopherol)	mg	0.14	--	--	--	--	--	--	--	--	Calculated or imputed	01241	04/2011
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	01241	04/2011
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	01241	04/2011
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamin K (phylloquinone)	µg	0.5	--	--	--	--	--	--	--	--	Calculated or imputed	01241	04/2011
<b>Lipids</b>													
Fatty acids, total saturated	g	0.821	--	--	--	--	--	--	--	--	Calculated or imputed	01241	04/2011
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01241	04/2011
6:0	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	01241	04/2011
8:0	g	0.025	--	--	--	--	--	--	--	--	Calculated or imputed	01241	04/2011
10:0	g	0.020	--	--	--	--	--	--	--	--	Calculated or imputed	01241	04/2011
12:0	g	0.148	--	--	--	--	--	--	--	--	Calculated or imputed	01241	04/2011
14:0	g	0.059	--	--	--	--	--	--	--	--	Calculated or imputed	01241	04/2011
16:0	g	0.349	--	--	--	--	--	--	--	--	Calculated or imputed	01241	04/2011
18:0	g	0.218	--	--	--	--	--	--	--	--	Calculated or imputed	01241	04/2011
Fatty acids, total monounsaturated	g	0.942	--	--	--	--	--	--	--	--	Calculated or imputed	01241	04/2011
16:1 undifferentiated	g	0.009	--	--	--	--	--	--	--	--	Calculated or imputed	01241	04/2011
18:1 undifferentiated	g	0.933	--	--	--	--	--	--	--	--	Calculated or imputed	01241	04/2011
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01241	04/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01241	04/2011
Fatty acids, total polyunsaturated	g	0.805	--	--	--	--	--	--	--	--	Calculated or imputed	01241	04/2011
18:2 undifferentiated	g	0.750	--	--	--	--	--	--	--	--	Calculated or imputed	01241	04/2011
18:3 undifferentiated	g	0.052	--	--	--	--	--	--	--	--	Calculated or imputed	01241	04/2011
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01241	04/2011
20:4 undifferentiated	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	01241	04/2011
20:5 n-3 (EPA)	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	01241	04/2011
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01241	04/2011
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01241	04/2011
Cholesterol	mg	21	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2011
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	01241	04/2011
Caffeine	mg	1	--	--	--	--	--	--	--	--	Calculated or imputed	01241	04/2011
Theobromine	mg	43	--	--	--	--	--	--	--	--	Calculated or imputed	01241	04/2011